

Allwch chi ddod o hyd i'r 10 gair Cymraeg sy'n ymwneud â 'Ymarfer Corff' yn y grid isod?

Can you find the 10 Welsh words relating to 'Physical Exercise' in the grid below?

D	E	I	S	T	E	DD	I	F	Y	N	Y	RH	H	S	D
E	R	G	H	C	D	G	O	N	M	D	F	E	FF	O	A
D	F	I	FF	Y	H	PH	E	M	DD	I	FF	D	G	C	R
S	D	G	N	W	G	R	D	W	G	D	F	E	G	R	N
TH	DD	D	E	G	E	O	W	Y	G	R	I	G	F	E	S
I	G	D	S	R	W	CH	I	D	DD	R	E	A	FF	A	G
L	W	I	W	C	R	Y	NG	E	N	E	E	F	L	D	W
R	D	N	S	E	W	D	R	N	W	D	DD	FF	PH	U	A
D	C	F	E	N	S	E	H	M	E	F	G	H	G	R	T
B	DD	R	D	C	A	NG	W	U	Y	S	A	DD	U	I	I
F	G	H	T	R	E	I	E	F	H	N	FF	S	NG	A	O
N	E	D	Y	D	A	F	D	E	DD	A	Y	U	G	I	N
T	R	CH	R	PH	U	U	A	O	I	I	N	DD	F	DD	O
RH	T	E	T	L	I	D	M	S	L	E	R	E	B	R	R
N	Y	M	A	R	F	E	R	C	O	R	FF	H	CH	E	D
E	T	R	U	U	F	FF	T	E	E	I	B	CH	Y	F	C
C	O	E	S	A	U	LL	E	F	D	N	D	W	E	D	PH
O	E	G	S	G	PH	E	I	W	P	W	N	S	I	O	O
I	R	I	D	B	B	U	E	LL	Y	I	S	N	E	D	P
Y	T	O	C	N	H	FF	R	R	TH	Y	E	Y	H	DD	D
G	W	TH	I	O	I	F	Y	N	Y	DD	O	S	NG	Y	T

1. **Rhedeg** (Run)
2. **Coesau** (Legs)
3. **Dringwyr Mynydd (Mountain Climbers)** *D - ring – wyr Myn (as in 'money') – idd (soft th as in 'this')*
4. **Naid** (Jump) *Nai-d*
5. **Ymarfer Corff** (Physical Education) *um- ar (as in car) v (as in van) er co as in coffee) r (roll the r) f*
6. **Ty** (Home) *tee*
7. **Sgwation** (Squat) *squat- ion*
8. **Pwnsio** (Punching) *Pwn-si (as in see)-o (as in Off)*
9. **Gwthio i Fyny** (Push ups) *G-oo (oo as in good )-th-o - (o as in office) – ee- vunnie*
10. **Eistedd i Fyny** (Sit ups) *Aye-steth – ee - vunnie*

# Welsh 'Ymarfer Corff' Wordsearch

March/Mawrth 2020

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D	F	I	FF	Y	H	PH	E	M	DD	I	FF	D	G	C	R
S	D	G	N	W	G	R	D	W	G	D	F	E	G	R	N
TH	DD	D	E	G	E	O	W	Y	G	R	I	G	F	E	S
I	G	D	S	R	W	CH	I	D	DD	R	E	A	FF	A	G
L	W	I	W	C	R	Y	NG	E	N	E	E	F	L	D	W
R	D	N	S	E	W	D	R	N	W	D	DD	FF	PH	U	A
D	C	F	E	N	S	E	H	M	E	F	G	H	G	R	T
B	DD	R	D	C	A	NG	W	U	Y	S	A	DD	U	I	I
F	G	H	T	R	E	I	E	F	H	N	FF	S	NG	A	O
N	E	D	Y	D	A	F	D	E	DD	A	Y	U	G	I	N
T	R	CH	R	PH	U	U	A	O	I	I	N	DD	F	DD	O
RH	T	E	T	L	I	D	M	S	L	E	R	E	B	R	R
N	Y	M	A	R	F	E	R	C	O	R	FF	H	CH	E	D
E	T	R	U	U	F	FF	T	E	E	I	B	CH	Y	F	C
C	O	E	S	A	U	LL	E	F	D	N	D	W	E	D	PH
O	E	G	S	G	PH	E	I	W	P	W	N	S	I	O	O
I	R	I	D	B	B	U	E	LL	Y	I	S	N	E	D	P
Y	T	O	C	N	H	FF	R	R	TH	Y	E	Y	H	DD	D
G	W	TH	I	O	I	F	Y	N	Y	DD	O	S	NG	Y	T

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